



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme
2026

Extracurricular activities and individual development at Northampton High School



Northampton High School prides itself on developing the whole person, through 360degrees. This means we get to know our

pupils for who they are as individuals and we aim to help them to achieve their dreams and ambitions.

Our cocurricular programme is one of the keys to enabling students to find their passions and to develop personally, weaving its thread through the school from the youngest pupils in Junior School to the Sixth Form. As a whole, it is made up of extracurricular clubs and activities, academic enhancement and support, the Sixth Form Enrichment programme and pastoral and wellbeing schemes. In addition, we are able to take advantage of the wider Girls' Day School Trust shared and networked activities, such as GDST Limitless Learning and Masterclasses.

A key part of our overall cocurriculum is the extracurricular programme. This booklet outlines the clubs, activities and clinics available for the Autumn term.

The range of activities is hugely varied, encompassing sport, both competitive and recreational, music and the arts, and a great range of activities for wider interests, from debating to coding to board games clubs and more! There are also academic enrichment, extension and support clinics, and we run subject specific programmes for individuals and small groups across the full subject range. Clubs and activities take place over the shared lunch break, where Junior School and Senior School pupils are able to work together in some cases. There are also clubs and training sessions scheduled after school. There is a late bus available which leaves at 5:15pm, and runs on Monday to Thursday. This service must be booked a week in advance, and more information is available here:

<https://northamptonhigh.vectare.co.uk/>

If you have any questions about any of the activities please do not hesitate to get in touch using the school email address: admin@nhs.gdst.net.

Mr Henry Rickman
Deputy Head

Monday

Activity	Department	Time	Year(s)	Notes
Senior Strings	Creative Arts	08.30 - 09.00	7 - 13	
Senior Flutes	Creative Arts	11.45 - 12.15	7 - 13	
Open Art Club	Creative Arts	11.45 - 12.15	7 - 13	
Frozen - Musical Rehearsal - Drama	Creative Arts	15.45 - 16.50	7, 8, 9, 10, 12	
Year 11 Food	Learn Activities	11.45 - 12.15	11	
Year 11 German (year 10 welcome)	Learn Activities	11.45 - 12.20	10 - 11	Drop-in sessions - topics will be posted in advance. Year 10 welcome to join.
Year 11 Spanish (year 10 welcome)	Learn Activities	11.45 - 12.20	10 - 11	Drop-in sessions - topics will be posted in advance. Year 10 welcome to join.
Year 11 Computing Clinic	Learn Activities	12.15 - 12.45	11	Drop-in session.
Y13 Psychology Research Method Clinic	Learn Activities	12.30 - 13.00	13	
Year 11 Further Maths	Learn Activities	12:20 - 13:00	11	Prep for GCSE FM exam.
Year 11 Maths	Learn Activities	15.45 - 16.45	11	
Linguistics Club (preparing for UKLO)		11.45 - 12.20	7 - 13	To specifically prepare for UKLO entry just before/after Feb half term - looking at potential problems/Qs and answers and getting used to teamwork.
Eco Team	Reach and Coach	12.20 - 12.50	7 - 13	
Y12 Reach	Reach and Coach	12.25 - 12.55	12	
Knit & Knatter	Reach and Coach	12.30 - 13.00	7 - 13	
Y10 Astronomy (GCSE Year 2)	Reach and Coach	16.00 - 17.30	10	For students who have already studied the first year of this course. GCSE exam entry fee will be payable during the year.
Athlete Devt Prog (ADP)	Sports Enrichment	12.15 - 12.45		
Fitness Suite	Sports Enrichment	15:45 - 17:30	7 - 13	
Netball U12 and U13	Sports Enrichment	15:45 - 17:30	7 - 8	
Brass Ensemble	Cross-Phase	08.30 - 09.00	3 - 13	
Fitness Swim Club	Cross-Phase	11.45 - 12.20	5 - 13	
Pony Club	Cross-Phase	12:20 - 12:55	4 - 13	Pupils need to join Pony Club UK for a small annual fee to be awarded the badges. This is a requirement of the club.
Squad Swimming	Cross-Phase	15:45 - 17:30	5 - 13	
Mighty Tootie Fluteys	Junior School	10.10 - 10.30	3 - 6	
Junior Orchestra	Junior School	12.15 - 12.45	2 - 6	
Story Club	Junior School	12:15 - 13:00	2 - 4	
Y3 - 4 Netball	Junior School	12.20 - 12.45	3 - 4	
Drawing Club	Junior School	12:30 - 13:00	1 - 2	
Crafty Club	Junior School	15:30 - 16:15	1 - 3	
Y4 - 5 Cookery	Junior School	15:30 - 17:00	4 - 5	

Tuesday

Activity	Department	Time	Year(s)	Notes
Senior Choir	Creative Arts	08.25 - 08.55	7 - 13	
Frozen - Musical Rehearsal - Dance	Creative Arts	12:15 - 13:00	7, 8, 9, 10, 12	
Textiles GCSE and A Level Support	Creative Arts	12.20 - 13.00	10 - 13	
Frozen - Musical Rehearsal - Drama	Creative Arts	15:45 - 16:50	7, 8, 9, 10, 12	
A Level Physics Drop-in Clinic	Learn Activities	11.45 - 12.20	12 - 13	
GCSE Physics Clinic	Learn Activities	11.45 - 12.20	11	
Year 11 Further Maths	Learn Activities	12:20 - 13:00	11	Prep for GCSE FM exam.
Ancient Greek Beginners' Level 1E	Reach and Coach	11.45 - 12.20	7 - 13	
Netball, U14 and U15, U16 Training	Sports Enrichment	15.45 - 17.00	9 - 11	
Fitness Suite	Sports Enrichment	15.45 - 17.00	7 - 13	
High Notes	Cross-Phase	12.15 - 12.45	3 - 13	
Chess Club	Cross-Phase	12.15 - 12.45	5 - 13	All levels welcome.
Dance	Cross-Phase	12.15 - 12.45	5 - 13	Student led.
Indoor athletics	Junior School	11.45 - 12.15	5 - 6	
Keyboard Club	Junior School	12.15 - 12.45	3 - 4	
Current Affairs	Junior School	12.15 - 13.00	5 - 6	
Singing Club	Junior School	12.15 - 12.45	1 - 2	
Rubik's Cube	Junior School	12.15 - 12.45	3 - 6	
Cricket	Junior School	15.45 - 17.00	4 - 6	
Y1 to 3 LAMDA	Paid Clubs	07.55 - 08.25	1 - 3	
Y4 to 6 LAMDA	Paid Clubs	08.25 - 08.55	4 - 6	

Wednesday

Activity	Department	Time	Year(s)	Notes
Year 7 & 8 Choir	Creative Arts	08.25 - 08.55	7 - 8	
Frozen - Musical Rehearsal - Singing	Creative Arts	12.15 - 12.55	7, 8, 9, 10, 12	
Y11 (& 10 welcome) RS GCSE REvision Club	Learn Activities	11.45 - 12.20	10 - 11	
Year 11 GCSE Latin Revision	Learn Activities	11.45 - 12.20	10 - 11	
GCSE Art Club	Learn Activities	11.45 - 12.20	10 - 11	
Y11 Drama Component 3 - Section A & B	Learn Activities	11:45 - 12:20	11	
Year 11 & 13 Chemistry Clinic	Learn Activities	15.45 - 16.45	11 & 13	After mocks invites will be sent out, before mocks open to all.
FemSoc	Reach and Coach	10.10 - 10.30	8 - 13	
Card Club	Reach and Coach	11.45 - 12.15	7 - 8	
Y9 Astronomy (GCSE Y1)	Reach and Coach	16.00 - 17.30	9	Sessions delivered online over two years. GCSE exam entry fee is payable during the second year of the course.
Fitness suite	Sports Enrichment	15.45 - 17.00	7 - 13	
Cricket	Sports Enrichment	15.45 - 17.00	7 - 13	
Orchestra	Cross-Phase	12.15 - 13.00	3 - 13	
Book Club	Cross-Phase	12.30 - 13.00	6 - 13	
School Council	Junior School	12.15 - 13.00	2 - 6	
Painting	Junior School	12:15 - 13:00	1 - 2	
Y2 - 3 Cookery	Junior School	15.30 - 16.30	2 - 3	
U10 - U11 Netball	Junior School	15:45 - 17:00	5 - 6	
Musical Theatre Rec - Y6	Paid Clubs	12.25 - 13.00	Rec - 6	

Thursday

Activity	Department	Time	Year(s)	Notes
Rock Band	Creative Arts	12.15 - 12.45	7 - 13	
Y13 REvision Club (RS A Level)	Learn Activities	11.45 - 12.20	13	
Y11 French Drop-in	Learn Activities	11.45 - 12.20	11	
Y11 Biology Clinic	Learn Activities	12.15 - 12.45	11	
Y13 Biology Clinic	Learn Activities	12.15 - 12.45	13	
Y11 Textiles Exam Preparation	Learn Activities	15.35 - 16.45	11	
Y11 Maths Revision	Learn Activities	15.45 - 16.45	11	
Reach Lectures	Reach and Coach	11.50 - 12.20	9 - 13	
Fitness for ADP	Sports Enrichment	15.45 - 17.00	7 - 13	
Fitness Suite	Sports Enrichment	15.45 - 17.00	7 - 13	
Mini Masterpieces	Cross-Phase	11.45 - 12.20	6 - 13	
Badminton/Rackets	Cross-Phase	12.15 - 12.45	5 - 8	
Swim - Beginners	Cross-Phase	12.15 - 12.45	5 - 8	
Football	Cross-Phase	15.45 - 17.00	4 - 13	
Junior Choir	Junior School	12.15 - 12.45	1 - 6	
Gymnastics Rec & Y1	Junior School	15.30 - 16.05	Rec - 1	
Gymnastics Year 2 & 3	Junior School	16.10 - 16.45	2 - 3	
Grade 1 Ballet Y2 - 4	Paid Clubs	11.45 - 12.20	2 - 4	
Modern Tap Rec - Y4	Paid Clubs	12.25 - 13.00	Rec - 4	

Friday

Activity	Department	Time	Year(s)	Notes
Frozen - Musical Rehearsal - Dance	Creative Arts	12.15 - 13.00	7, 8, 9, 10, 12	
Y11 Set 2 Maths Clinic (Revision)	Learn Activities	11.45 - 12.20	11	
Intermediate Greek	Reach and Coach	11.50 - 12.20	7 - 13	For students who attended Beginners Greek Club last year.
GCSE History Revision	Reach and Coach	11.50 - 12.15	10 - 11	
Debating Club	Reach and Coach	11.50 - 12.15	7 - 9	
Running Club	Sports Enrichment	11.45 - 12.20	7 - 13	
Badminton	Sports Enrichment	15:45 - 17:00	7 - 13	
Guitar Ensemble	Cross-Phase	08.25 - 08.55	3 - 13	
Squad Swimming	Cross-Phase	11.45 - 12.15	5 - 13	
NHS Fantasy Premier League	Cross-Phase	11.50 - 12.15	6 - 13	
German Club	Cross-Phase	12:20 - 13:00	5 - 7	
Recorders	Junior School	10.10 - 10.30	1 - 6	
Crotchet Club	Junior School	12.15 - 12.45	4 - 6	



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